

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu subject to change without notice. 2% milk and margarine served with meals. *indicates high sodium entrée or meal.	Reservations and cancellations must be made two days in advance. Thank you for your voluntary \$2.00 donation per meal towards actual cost of \$13.85	1 Roast Pork Loin with Gravy Whipped Potato Mixed Vegetables Italian Bread Fresh Fruit Calories: 659 Fat: 30% Sodium: 672mg	2 Lemon & Garlic Chicken Candied Yams Cauliflower Wheat Bread Brownie Calories: 655 Fat: 23% Sodium: 791mg	3 Fish Strips Tartar Sauce Plantains Carrots Italian Bread Fresh Fruit Calories: 796 Fat: 38% Sodium: 912mg
6 Hamburger Ketchup Baked Beans Green Beans Hamburger Bun Applesauce Calories: 699 Fat: 31% Sodium: 1216mg	7 Turkey Florentine Sour Crm & Dill Pot. California Blend Veg. Wheat Bread Pudding Calories: 695 Fat: 28% Sodium: 1578mg*	8 Cheese Tortellini with Meat Sauce Italian Blend Veg. Italian Bread Raspberry Cookie Calories: 607 Fat: 25% Sodium: 689mg	9 Latin-Style Pork with Gravy Whipped Sweet Pot. Capri Blend Veg. Rye Bread Fresh Fruit Calories: 739 Fat: 27% Sodium: 590mg	10 Chicken Cacciatore Pasta Broccoli Wheat Bread Fresh Fruit Calories: 678 Fat: 22% Sodium: 858mg
13 Sites Closed 	14 Roast Beef with Gravy Potato Wedges Italian Blend Veg. Italian Bread Pudding Calories: 710 Fat: 32% Sodium: 1360mg*	15 Turkey Ham Whipped Sweet Pot. Green Beans Snack Loaf Fresh Fruit Calories: 694 Fat: 21% Sodium: 1025mg	16 Stuffed Shells with Marinara Sauce Broccoli Wheat Bread Choc. Chip Cookie Calories: 601 Fat: 32% Sodium: 886mg	17 Lemon Pepper Pork Black-Eyed Peas & Brown Rice California Blend Veg. Wheat Bread Fresh Fruit Calories: 677 Fat: 28% Sodium: 680mg
Columbus Day				
20 Thai Sweet Chili Chicken White Rice Stir-Fry Veg. Rye Bread Chilled Fruit Calories: 673 Fat: 19% Sodium: 953mg	21 Crispy Baked Fish Tartar Sauce Sweet Pot. Wedges Italian Blend Veg. Wheat Bread Fresh Fruit Calories: 811 Fat: 32% Sodium: 937mg	22 Shepherd's Pie Carrots Wheat Bread Birthday Cake Calories: 757 Fat: 27% Sodium: 782mg	23 Roast Turkey with Gravy Veg. Rice Pilaf California Blend Veg. Wheat Bread Pudding Calories: 623 Fat: 21% Sodium: 1026mg	24 Chicken Piccata Pasta Green Beans Italian Bread Fresh Fruit Calories: 683 Fat: 26% Sodium: 991mg
27 BBQ Pulled Pork Rice & Beans Spinach Wheat Bread Chilled Fruit Calories: 717 Fat: 30% Sodium: 879mg	28 Chicken & Broccoli Alfredo Pasta Capri Blend Veg. Italian Bread Fresh Fruit Calories: 794 Fat: 30% Sodium: 975mg	29 Wild Pacific Salmon with Dill Sauce Rice & Beans California Blend Veg. Wheat Bread Pudding Calories: 627 Fat: 21% Sodium: 886mg	30 Pasta & Meatballs w/Marinara Sauce Cauliflower Wheat Bread Fresh Fruit Calories: 639 Fat: 25% Sodium: 652mg	31 Turkey Chili Chipotle Sweet Pot. Italian Blend Veg. Wheat Bread Halloween Cookie Calories: 695 Fat: 19% Sodium: 937mg